

## CLAIMS

1. An insulation displacement terminal comprising:  
a pair of opposed insulation displacement  
groove-forming portions each having an insulation displacement  
5 groove for displacing an insulation;  
an interconnecting portion interconnecting bottom  
portions of said pair of insulation displacement groove-forming  
portions;  
a lead extending from said interconnecting portion;  
10 and  
a pair of plate portions which are formed respectively  
at opposite side edges of at least one of said insulation  
displacement groove-forming portions by bending to form an  
insulated wire-holding space therebetween,  
15 wherein the terminal is formed into an integral  
construction by sheet metal working, using a single member.
2. The insulation displacement terminal according to claim  
1, further comprising: abutment portions formed respectively  
20 at lower edges of said plate portions so as to abut against  
a housing; and bendable piece portions extending respectively  
from upper edges of said plate portions.
3. The insulation displacement terminal according to claim  
25 2, wherein each of said plate portions includes a retaining  
portion for retaining engagement with said housing.

4. The insulation displacement terminal according to claim  
1, further comprising: retaining portions respectively formed  
on opposite side edges of said pair of insulation displacement  
5 groove-forming portions so as to be retainingly engaged with  
said housing.

5. The insulation displacement terminal according to claim  
1, further comprising a bent portion provided at an intermediate  
10 portion of said lead, and being resiliently deformable.

6. The insulation displacement terminal according to claim  
1, wherein said terminal is used in an insulation displacement  
connector containing a circuit board, and said lead is soldered  
15 to said circuit board.